



# NORTH COAST SECTION TRACK & FIELD CHAMPIONSHIPS

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**UPDATED: 5/13/26- Throws location & times, Weigh-in times, coaches meeting**

## 2026 REDWOOD EMPIRE TRACK & FIELD CHAMPIONSHIP GUIDE

Track & Field Coaches are responsible for reading this championship guide in its entirety, paying close attention to the **deadline for entries**. **2026 Points of Emphasis are highlighted in BLUE**

### SATURDAY, MAY 16, 2026 AT SANTA ROSA JC DISCUS AT SANTA ROSA HS

#### CO-MEET DIRECTORS

David Augustus (Vintage HS)  
Email: [daugustus.vhstrack@gmail.com](mailto:daugustus.vhstrack@gmail.com)  
Paul Braa (Petaluma HS)  
Email: [paulbraa@comcast.net](mailto:paulbraa@comcast.net)

**Site Director:** Nick Hill

#### CHAMPIONSHIP SITE

Santa Rosa JC  
1501 Mendocino Ave  
Santa Rosa, CA 95401

**Meet Referee:** Casey Jones

Redwood Empire Area Leagues: MCAL, HDNL, NBL, VVAL, Lower Lake HS

**TIME SCHEDULE:** All event competitors should report 30 minutes before scheduled start time.

**FIELD EVENTS:** **DISCUS and SHOT PUT COMPETITION WILL BE HELD AT SANTA ROSA HIGH SCHOOL**

#### **9:00 am**

Boys Long Jump (Pit 2)  
Girls Triple Jump (Pit 1)  
Girls Discus **at Santa Rosa HS**  
Boys Shot Put **at Santa Rosa HS**  
Boys High Jump  
Boys Pole Vault

#### **11:45 am**

Unified Shot Put  
Girls High Jump  
Unified Long Jump (Pit 2)

#### **12:45 pm**

Boys Triple Jump (Pit 1)  
Girls Long Jump (Pit 2)  
Girls Shot Put **at Santa Rosa HS**  
Boys Discus **at Santa Rosa HS**  
Girls Pole Vault

#### **RUNNING EVENTS:**

9:15 a.m.	Boys UNIFIED 4x100 Relay	12:34 p.m.	Girls 800
9:30 a.m.	Girls UNIFIED 4x100 Relay	12:44 p.m.	Boys 800
10:00 a.m.	Girls 4 x 100 Relay	12:58 p.m.	Girls 300 Hurdles
10:12 a.m.	Boys 4 x 100 Relay	1:10 p.m.	Boys 300 Hurdles
10:24 a.m.	Girls 1600	1:22 p.m.	Girls 200
10:40 a.m.	Boys 1600	1:34 p.m.	Boys 200
10:56 a.m.	Girls 100 Hurdles	1:46 p.m.	Girls 4x800 Relay
11:09a.m.	Boys 110 Hurdles	2:02 p.m.	Boys 4x800 Relay
11:23 a.m.	Girls 400	2:16 p.m.	Girls 3200
11:35 a.m.	Boys 400	2:30 p.m.	Boys 3200
11:50 a.m.	Girls UNIFIED 100	2:42 p.m.	Girls 4 x 400 Relay
12:00 p.m.	Boys UNIFIED 100	3:14 p.m.	Boys 4 x 400 Relay
12:10 p.m.	Girls 100	3:38 p.m.	Track Events Completed
12:22 p.m.	Boys 100		

## **Athlete Conduct**

Athletes are not permitted to use outside props or equipment (such as footballs, frisbees, etc.) in or around the start/finish line or awards area. Celebratory props of any kind are prohibited within the competition area. All athletes are expected to “Pursue Victory with Honor” and follow the CIF Codes of Conduct.

## **ENTRIES:**

All entries (except for the 4x800 Relay) and scratches must be submitted by the league meet director, or his/her designee, using the Hy-Tek Track & Field program. Hy-Tek Track & Field program entries must be submitted in the proper format to Mark Robsinson of Rogue Timing at [coachmrobinsoncpt@yahoo.com](mailto:coachmrobinsoncpt@yahoo.com) and cc: [daugustus.vhstrack@gmail.com](mailto:daugustus.vhstrack@gmail.com) and [paulbraa@comcast.net](mailto:paulbraa@comcast.net) by **the deadline for entries, 11:59 PM, Sunday, May 10th.** Entries submitted by this deadline also constitute the declaration to compete and are subject to penalty under the honest effort rule. Each league Meet Director, (or his/her representative) must also be present at the respective NCS Area/Classification Meet with copies of the event sheets and a list of the entries from the league meet. Copies must also be provided to each NCS Area/Classification Meet Director. Each Area/Classification Championship Meet Director will contact league meet directors concerning entries. Hy-Tek 6.0 will be used.

All entries will be closed and final, except for circumstance of clerical error, as of 11:59pm Sunday, May 10, 2026. Any scratches received after that point will be subject to penalty under the Honest Effort Rule. Coaches and athletes must decide at their League Championship Meets which events they intend to compete in at the NCS Area/Classification Meets. Leagues may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

The number of qualifiers per each event by league for the NCS Redwood Empire Track & Field Championships will be as follows:

<b>HDNL</b>	<b>3 entries</b>
<b>MCAL</b>	<b>3 entries</b>
<b>NBL</b>	<b>5 entries</b>
<b>VVAL</b>	<b>3 entries</b>
<sup>2</sup> Lower Lake	

**\*The next 6-10 best marks from all 4 league championships (for an 8-lane track, total of 24 entries per event) plus any at-large marks. Note: An athlete must participate in a League Final to advance to the NCS Redwood Empire Area Track & Field Championships.**

Lower Lake – Lower Lake shall compete in the Coastal Mountain Conference’s league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the NFHS Track & Field Rules, 4-2-4c on page 24) to the NCS Redwood Empire Track & Field Championships.

*Note: Due to the number of potential qualifiers in the NCS Redwood Empire Track & Field Championships additional heats may be necessary in some races.*

## **4x800m Relay Entry Instructions:**

- The NCS Area/Class A meets will accept the top 16 4x800 relay squads entered (see breakdown below). Entry marks must be achieved in the official spring NCS outdoor season and verifiable on [Athletic.net](http://Athletic.net).
- To be accepted into the 4x800m relay at the NCS Area/Class A meets, schools must add the following meet to their [Athletic.net](http://Athletic.net) calendar and register their relay(s) at the correct registration site:
  - Redwood Empire: [NCS Redwood Empire - Registration - Track & Field Meet](#)
- When making entries, schools must include the following:
  - Name, date, and location of the meet
  - Link to results in [Athletic.net](http://Athletic.net)
  - Event must be FAT timed
- Results MUST be official and posted on [Athletic.net](http://Athletic.net) for verification purposes. Please check results and look to the NCS/Area/Class A rankings on [Athletic.net](http://Athletic.net) to ensure that times are correct and in the system.

- Registration closes on Sunday, 5/10/2026 at 11:59 PM

Entries to the NCS Class A/Area meet will be as follows:

(Board of Managers 1/24/17)

NCS Class A and 2A/3A Area Meets			
Class A <sup>5,6</sup>	Redwood Empire <sup>5,6</sup>	Bay Shore <sup>5,6</sup>	Tri-Valley <sup>5,6</sup>
Bay Counties 8 (4 Relays) Coastal Mountain 8 (4 Relays) Humboldt-Del Norte (Little 5) 4 (2 Relays) <sup>4</sup> Branson, Berean Christian	Humboldt-Del Norte (Big 5) 3 Marin County 3 North Bay 5 Vine Valley 3 <sup>2</sup> Lower Lake *Next 6-10 best marks from all leagues. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.	Mission Valley 4 TCAL-6 WACC-6 *Next 8 best marks from all 3 leagues. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.	Bay Valley 4 Diablo Athletic 6 East Bay 6 *Next 8 best marks from all 3 leagues. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.

<sup>2</sup>Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place in the top four (4) of the CMC meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Redwood Empire Track & Field Championships.

<sup>4</sup>Branson School shall compete in the Marin County Athletic League's league qualifying track and field meet. When Branson School athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Class A Track & Field Championships. Berean Christian shall compete in the Diablo Valley Athletic League's league qualifying track and field meet. When either Berean Christian athlete(s) place in the top four (4) of the DVAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Class A Track & Field Championships.

<sup>5</sup>Any league that fails to forward any entries in an individual event will increase the entries to other participating leagues.

(Board of Managers 10/17/08)

<sup>6</sup> Entries in the 4x800m relay are based solely on times (entries in this event do NOT qualify through a league championship). Times must be verifiable FAT times run during the current season (times can be taken from league championship if the league holds this event). There will be up to 16 entries at each Class A/Area meet determined as follows:

<b>CLASS A</b>	<b>BAY SHORE</b>
Best 16 times from all Class A schools	MVAL 2
	TCAL 3
<b>REDWOOD EMPIRE</b>	WACC 3
HDNL (Big 5) 2	Next best 8 times 8
MCAL 2	<b>TRI-VALLEY</b>
NBL 4	BVAL 2
VVAL 2	DAL 3
Next best times 6 times 6	EBAL 3
	Next best 8 times 8

### At-Large Entries

Athletes may automatically qualify to the Redwood Empire Area Championships based on times or distances achieved **in the finals only** of their league's qualifying meet. Athletes shall automatically qualify to the NCS Meet of Champions based on times or distances achieved in their area qualifying meet **finals only**.

**NCS Area and MOC At-large Standards for 2026**

<b>2026 MOC AT LARGE STANDARDS</b>			
<b>Event</b>	<b>Mark</b>	<b>Event</b>	<b>Mark</b>
<b>G4x100</b>	49.40	<b>G3200</b>	11:05.99
<b>B4x100</b>	43.02	<b>B3200</b>	9:22.61
<b>G1600</b>	5:13.10	<b>G4x400</b>	4:06.71
<b>B1600</b>	4:26.14	<b>B4x400</b>	3:28.03
<b>G100H</b>	15.95	<b>G4x800</b>	9:59.55
<b>B110H</b>	15.40	<b>B4x800</b>	8:19.22
<b>G400</b>	58.93	<b>GHJ</b>	5-0
<b>B400</b>	50.31	<b>GPV</b>	9-11
<b>G100</b>	12.45	<b>GLJ</b>	16-11.25
<b>B100</b>	10.95	<b>GTJ</b>	35-0.25
<b>G800</b>	2:20.53	<b>GSP</b>	35-01.75
<b>B800</b>	1:59.65	<b>GDT</b>	107-06
<b>G300H</b>	47.88	<b>BHJ</b>	6-00
<b>B300H</b>	41.32	<b>BPV</b>	12-09
<b>G200</b>	25.85	<b>BLJ</b>	21-06.0
<b>B200</b>	22.49	<b>BTJ</b>	42-09.25
		<b>BSP</b>	49-02.50
		<b>BDT</b>	142-05

<b>NCS Area &amp; MOC Unified At- Large Standards</b>	
<b>Event</b>	<b>Mark</b>
<b>UG4x100</b>	1:15.21
<b>UB4x100</b>	51.15
<b>UG100</b>	48.57
<b>UB100</b>	32.19
<b>UGLJ</b>	20-10
<b>UBLJ</b>	18-07
<b>UGSP</b>	36-10
<b>UBSP</b>	40-08

**ADVANCEMENT TO THE MEET OF CHAMPIONS (NCS MOC)**

1. NCS Class A and Area meets will have the following number of entries into the NCS Meet of Champions.
  - (a) Class A, 3 entries
  - (b) Redwood Empire, 6 entries
  - (c) Bay Shore, 6 entries
  - (d) Tri-Valley, 6 entries

The remainder of available qualifying spots will be determined by next best marks from all 4 of the qualifying meets (Class A, Redwood Empire, Bay Shore, Tri-Valley). The total number of qualifying spots will be determined by the number of lanes on the track in the MOC Venue (8 lane track = 24 qualifiers; 9 lane track = 27 qualifiers). (*Board of Managers 5/22/20*)

2. Entries in the 4x800m relay will be as follows:

- (a) Class A, 2 automatic qualifiers
- (b) Redwood Empire, 2 automatic qualifiers
- (c) Bay Shore, 2 automatic qualifiers
- (d) Tri-Valley, 2 automatic qualifiers
- (e) The remaining qualifying 8 entries will be determined by next best marks from all 4 of the qualifying meets (Class A, Redwood Empire, Bay Shore, Tri-Valley).

**SCRATCH MEETING:** At the conclusion of this meet, there will be a scratch meeting for all Coaches; please come prepared with scratches and affirming commitments for all your top finishing athletes to help facilitate the process for advancement to the NCS MOC meet.

**COACH'S RESPONSIBILITY REGARDING REPORTING SCRATCHES:** The coach of any qualifying athlete, who for any reason is to be withdrawn from any future events, is obligated to notify the Meet Director no later than the conclusion of the current meet. In addition, the coach has a professional responsibility to notify at the same time the coach of any and all alternates involved in the aforementioned withdrawals, so as to give alternates the opportunity to declare before the entry deadline.

**RELAY ENTRY FORMS:** Relay Rosters are limited to 4 members + 4 alternates (8 members total). Schools qualifying relay teams to NCS MOC must submit any **relay roster changes** at the conclusion of the NCS Redwood Empire Area Championship Meet. Submit changes in writing to the timer at the finish line tent. Relay team members must be included in entries to NCS Meet of Champions.

**RESULTS:** Timing provided by: Mark Robinson of Rogue Timing. Rogue Timing- Event Manager Outdoor Track and Field 2026. Live Results will be available on [Roguetiming.com](http://Roguetiming.com)

#### **ADMISSION FEES**

**General Admission (adults) \$13.00; Special \$5.00 (seniors, students, & children with adults).** NCS uses GoFan for online ticketing during all Section championships. Links will be provided at a later date on the Track & Field page.

**ENTRANCE TO THE TRACK:** Only coaches, athletes and pre-identified volunteers helping with the meet will be admitted into the stadium free of charge. Upon entering, the head coach should check in at the coach's table by the west entrance to pick up their packet. The packet will include wristbands for athletes and coaches, the meet program and a map of the facilities.

**UNIFORMS:** Uniforms and shoes must conform to the rules as stated in the current NFHS rules book. There will be no dressing facilities available.

**CONCESSIONS:** Food and beverages will be sold.

**MERCHANDISE:** NCS Track & Field merchandise will be available for sale. Merchandise may also be purchased at the NCS office or online at [www.cifncs.org](http://www.cifncs.org). Coaches may use check, cash, credit card, school purchase order, requisition form and school billing to purchase merchandise.

**COACHES MEETING:** Prior to the start of the meet, there will be a Coaches meeting for all Coaches at **8:15 a.m.** We will meet at the center of the football field. Each league will be responsible for providing one official as for the 4X100M relay exchange zone. Please decide at your League Championship meet who the official will be and email those names to Meet Directors, David Augustus ([daugustus.vhstrack@gmail.com](mailto:daugustus.vhstrack@gmail.com)) and Paul Braa ([paulbraa@comcast.net](mailto:paulbraa@comcast.net))

**VAULT SIGN-IN:** All head coaches must sign the 2026 CIF POLE VAULT SIGN-IN/ VERIFICATION form to verify their athlete's weight.

**(UPDATED) WEIGH-INS:** All shots and discus will be weighed on Friday 4-7pm, Saturday 7:15-8:45am and/or 10:45am-12:15pm at Santa Rosa High School. There is a shed, behind the snack shack/bathroom building (next to the throwing area).

Once certified, implements will be impounded until required for competition or the event ends. All types of discuses, including rubber, may be used. Only certified implements will be allowed at the competition site. All implements not meeting specifications will be impounded for the duration of the meet.

**WARM-UP AREA:** Warm up area will be on the mark off area of the in field of the track.

#### **IMPORTANT RULE REMINDERS**

**HONEST EFFORT:** Competitors who have qualified for and been entered into more than one event must honestly participate with maximum effort in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. *Note: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.*

**CONFLICT IN EVENTS:** Competitors who are entered in field events being held simultaneously must report to each event's official by the published event start time, otherwise the athlete will be scratched. **If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course. REMINDER: The time excused rule is 30 minutes.** Officials must write down the time that the athlete is initially excused in order to enforce this rule. This is the total time an athlete may be excused from a field event before or between attempts. Failure to return to the event and execute an attempt within 30 minutes will result in the athlete being scratched from further competition in the event. Athletes are not to report directly to the starting line without checking in first with the Clerk-of-the Course.

**ELECTRONIC DEVICE RESTRICTIONS:** Electronic devices are not allowed in the field of competition. The field of competition includes the bullpen area, the track, each field event site and the infield. The use of electronic devices by athletes or coaches in these areas is grounds for disqualification.

**JURY OF APPEALS COMMITTEE:** A Jury of Appeals Committee will serve as the final board of appeals. If one of the Jury of Appeals Coaches has a conflict of interest with an athlete that is involved in an appeal, the NCS Redwood Area Meet Director will either step in or will assign another Coach that does not have direct conflict of interest. The jury will be comprised of the following 3 coaches:

VVAL- Spencer Hall, Casa Grande HS

NBL- Ruben DiRado, Windsor HS

MCAL- Phil Oreste, Tamalpais HS

**PROTESTS PROCEDURES:** Protest/Appeal Process (Rule 3.2.4). All protests are first made to the Meet Referee. The Referee's decision then may be appealed in writing to the Jury of Appeals. The Jury of Appeals will have the final authority in all appeals.

**EVENT MECHANICS:**

1. The 200 meters dash will be run around a full turn.

2. The 400 meters dash will be run in staggered lanes and around two turns.

3. The 800, 1600 and 3200-meter runs will be run in two one-turn staggered alleys for the first turn.

Runners may break for the pole as they enter the back straight-away.

4. Heat Assignments

5. All individual races and all relays will be assigned heats according to the National Federation Track and Field Rules Book. Heats are to be seeded slow to fast. Advancement to the Meet of Champions will be based on time from all heats.

6. Lane Assignments

In all races except the 800m, 1600m, 3200m, and 4x800 Relay, the Games Committee will assign the fastest qualified runners or qualifiers in each round of competition to the middle lanes, or the preferred lanes as determined by the Games committee, and the next fastest qualifiers to the adjacent lanes, and so on (4,5,3,6,2,7,1,8).

7. 800 and 1600 meters run will have 12 contestants in the fast heat. 800 and 1600 meters runs will be run in two alleys and seeded based upon time. Starting in lane one working out will be 12, 11, 10, 9, 8, 7, 4, 3 seeds. The outside alley will be 1,2,5,6 seeds. The 3200m and 4x800 Relay will follow a similar pattern with the top seeds receiving favored positions nearest the center of the track.

**FIELD EVENTS:**

1. *High Jump and Pole Vault*

Competition in the high jump and pole vault will be conducted in 4-6 alive format.

Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (8) competitors or less remain in the competition, then the competition will be conducted in (1) continuous flight of 8 competitors.

2. *Starting heights in high jump and pole vault are shown below*

*Girls' High Jump: 4-4*

*Girls' Pole Vault: 7-5*

*Boys' High Jump: 5-3*

*Boys' Pole Vault: 9-9*

**NOTE:** All head coaches of pole vault athletes verify the pole vault athlete poles inspected and sign the athlete's weight verification form (download form at NCS Website here:

<https://www.cifnca.org/sports/track/index>), when checking in on the field table or booth in order for their vaulter(s) to be eligible for competition.

3. *Long Jump, Triple Jump, Shot Put and Discus*

Each of the contestants in the long jump, triple jump, shot put and discus will be allowed three (3) qualifying trials. The top nine (9) competitors will receive three (3) additional trials to determine the top finishers.

**AWARDS:** Certificates are available for download on CIF Home (contact your Athletic Director for access)

1. Ribbons will be awarded to the first five boys, girls, unified boys, and unified girls placers in each event.
2. Pennants will be awarded to the first and second place boy's, girls' and Unified teams.
3. A plaque will be awarded to the first-place boys', girls' and Unified teams at the NCS Area Championships.

**SCORING:** Scoring in the NCS Area/Classification Championship Meets shall be 10-8-6-4-2-1. Points will be based on times in the running events and by place in the field events.

There is a separate Co-Ed Unified Division. Events include Girls Unified Long Jump, Boys Unified Long Jump, Girls Unified Shot Put, Boys Unified Shot Put, Girls Unified 100m dash, Boys Unified 100m dash, the Girls Unified 4 x 100m relay and Boys Unified 4 x 100m relay.

**ALTERNATES:** If an alternate replaces an entered qualifier, it will be the sole responsibility of the Meet Director or Area Track & Field Management Committee to decide if the heat, race or flight should be re-seeded.

## **UNIFIED TRACK TEAMS**

### **UNIFIED DIVISION PARTICIPANTS/QUALIFICATIONS:**

- A. Each member School will decide if it wishes to offer a Unified track & field opportunity at its school.
- B. If the school so chooses, one or more competitor units would be established, and the school would decide in which competitions and events Unified competitor units would participate during the league championships. Leagues may decide which events they choose to offer for Unified competitor units however, Area/Class A meets and MOC will offer the 100m dash, the 4 x 100m relay, the long jump, and the shot put. Schools must enter Unified competitor units into league championship competition following the same procedures used for all other event entries.

### **UNIFIED DIVISION SCORING:**

Unified competition will be scored as a separate division. The same mechanics for scoring will be used for all divisions, including the Unified division: The NCS Area/Class A and MOC competition will be scored according to the National Federation Rule Book: 10, 8, 6, 4, 2, and 1.

**Unified Division "Competitor Unit" Definition:** Unified competitors are members of their school track and field program. A **"Unified competitor unit"** is a pair of students that consists of one student enrolled in Special Education and one student enrolled in General Education at the same school. **For the purposes of competition entry and rule application this "Unified competitor unit" is treated as an individual, not a relay.** One Unified Partner alternate may be added to the Unified Competitor Unit. The alternate must be declared at the League's qualifying championship and cannot be changed throughout the remainder of the post season. The Unified division will use the same procedures for qualifying from league to Area/Class A competition and from Area/Class A competition to MOC competition as the open division.

### **UNIFIED DIVISION COMPETITION:**

- Unified events for Area/Class A and MOC competition are the 100m dash, the 4 x 100m Relay, the long jump, and the shot put. Leagues and member schools are welcome to offer additional

Unified events, though these additional Unified events will not offer advancement to the Area/Class A championships.

- If the 4 X 100m relay Unified competition is offered at the school or league level, the NCS recommends that relay consist of two pairs to form a Unified 4 X 100 meter relay team. The relay team would consist of two Unified Athletes and two Unified Partners. Any student may run in any position.
- In individual events (eg. 100m, long jump, shot put) each member of the Unified competitor unit competes in the assigned event, establishing a mark. This mark is then combined with the mark of the other member of the Unified competitor unit to establish a total mark. In relay events, the total mark is simply the finishing time of the relay team.
- Unified competitor units must qualify for advancement according to the same procedures used for all CIF and NCS track & field competition.
- Unified competitor units must compete in league championship competition in order to advance to NCS Area/Class A competition.
- All NFHS, CIF, and NCS Track & Field rules apply to Unified competition.
- Participants must practice with each other a minimum of two calendar weeks before competition to better increase the likelihood of gaining social benefits for all.
- Practices need not be daily as most Unified programs practice twice a week for an hour maximum.
- Members of a Unified competitor unit must participate with each other for a minimum of 6 practices to be eligible for league championship competition.
- Total number of events limitation (as per NFHS rules: 4 events max) applies to each member of a Unified competitor unit. For example, if the general education competitor participates in 2 Unified events, that competitor is only eligible to participate in 2 additional open events.
- If a Unified competitor unit is entered into a Unified event, its members are not eligible to participate in that same open event as an individual. For example, if an athlete competes as a member of a Unified competitor unit in the Unified 100m, that athlete may not also compete individually in the open 100m. However, that athlete can compete in the open long jump so long as he or she is not also competing in the Unified long jump as a member of a Unified competitor unit.
- A Unified Athlete is allowed to have a different Unified Partner for the long jump, shot put and the 100 so long as the unit remains intact throughout the regular and post season.
- A Unified Partner dropping out of Unified competition during the post season or to focus on another individual event after the unit has been established is not allowed.
- The Unified division will use the same procedures for qualifying from league to Area/Class A competition and from Area/Class A competition to MOC competition as the open division.
- Unified events are separated by gender (with the exception to the 4x100m relay). If, in any Unified competition, the Unified team is a mixture of genders, the competing team participates in the boys' event, per CIF Bylaw 300.B – Student Team.
- For Unified competition, some accommodations may be implemented to assist with the conduct of competition. Examples are: person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.

#### **EVENTS FOR UNIFIED DIVISION AT NCS AREA/CLASS A & MOC:**

### **Unified 100m Dash**

1. Two teammates will combine their times for a total time.
  - a. Unified teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.) Fastest qualifying Unit in lanes 3 and 4, second fastest in lanes 5 and 6, third fastest in lanes 1 and 2, fourth fast in lanes 7 and 8.
  - b. Starting blocks and running spikes are optional.

### **Unified 4 x 100m Relay**

1. Two pairs would combine to form a Unified 4 X 100 meter relay team. The relay team would consist of two Unified Athletes and two Unified Partners. Any student may run in any position.
- b. Starting blocks and running spikes are optional.

### **Unified Long Jump**

1. Two teammates will combine their distance for final mark.
  - a. Unified teams complete 4 jumps. Any order of competition is determined by meet management.

### **Unified Shot Put**

1. Two teammates will combine their distance for final mark.
  - a. Unified teams complete 4 throws. Any order of competition is determined by meet management.
  - b. Implement weight is consistent with open divisions (Girls 4kg; Boys 12 lbs).

### **SCORING/AWARDS FOR UNIFIED COMPETITION:**

Unified competitor units and relay teams will be scored and receive awards just as all other NCS championship competition, with Unified event scoring contributing to the overall team competition scores in the Unified division. The Unified division will be separate from the open division.

### **POSTSEASON ADVANCEMENT FOR UNIFIED COMPETITORS:**

Unified competitor units and relay teams declared at the league championships must remain intact for the remainder of postseason competition. A **“Unified competitor unit”** is treated as an individual, *not* a relay. The Unified division will use the same procedures for qualifying from league to Area/Class A competition and from Area/Class A competition to MOC competition as the open division.

### **CONDUCTING OF UNIFIED FIELD EVENTS:**

Each school who has unified competitors **MUST** provide at least 1 volunteer to help conduct Unified field events.

**ENTRY FEES:** Entry fees to the NCS Classification Championship Meet for each league at the rate of \$15.00 per each place qualified and \$24.00 per relay team will be paid by the league commissioner to the NCS Office upon billing. Entry Fees shall be required for the NCS Meet of Champions.



**NORTH COAST SECTION  
TRACK & FIELD CHAMPIONSHIPS**

5 Crow Canyon Court, Suite 209, San Ramon, CA 94583  
t 925.263.2110 w [www.cifncs.org](http://www.cifncs.org)

**TRACK CERTIFICATION OF AUTHORIZED PERSONNEL**

CIF Bylaw 503

**503 - ADMINISTRATIVE OVERSIGHT**

The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF, Section and league rules.

**F. COACHING**

Principals are responsible to ensure that all coaches of the CIF member school for all individual or team(s) meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.(9). (Revised February 2009 Federated Council)

**Head Coach**

**Asst. Coach**

SCHOOL:

COACH'S NAME:

CONTACT NUMBER:

COACH'S EMAIL:

CONTACT NUMBER:

COACH'S ADDRESS:

DRIVERS LICENSE #:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I hereby assert and verify that the person names above is employed by high school and meets the requirements of the above bylaw as of this date.

\_\_\_\_\_  
Signature of Principal

\_\_\_\_\_  
Date

**PLEASE MAKE SEPARATE COPIES FOR EACH CERTIFIED COACH**